

November 2011 Volume 5, Issue 11

# Timarron Country Club Charity Classic

On October 2nd, ClubCorp hosted their fifth annual "Charity Classic" at their country clubs across the country, including Southlake's Timarron Country Club. Since its inception, ClubCorp's Charity Classic has raised over \$7 million for a variety of charities including Boys and Girls clubs, MDA and the Susan G. Komen for the Cure.











#### **Newsletter Information**

#### **Publisher**

Peel, Inc	
Articles	timarron@peelinc.com
Advertising	

#### **Article Submissions**

Interested in submitting an article? You can do so by emailing <u>timarron@PEELinc.com</u> or by going to http://www.peelinc.com/articleSubmit.php. All news must be received by the 15th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for *The Talk*. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

#### **Advertising Information**

Please support the businesses that advertise in the *The Talk*. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or *advertising@PEELinc.com*. The advertising deadline is the 20th of each month for the following month's newsletter.

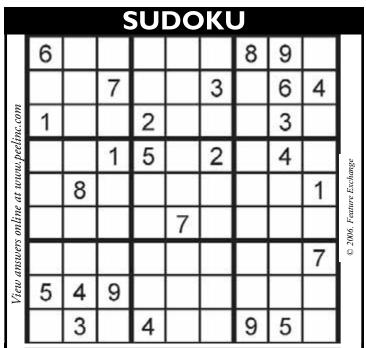
#### **Classified Ads**

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Timarron residents, limit 30 words, submit before the 15th of each month. Please e-mail *timarron@peelinc.com* 

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 888-687-6444 or <u>advertising@PEELinc.com</u>.

#### **BUSINESS CLASSIFIEDS**

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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## ——— ADOPTION COALITION ———— Jaquevius (Nov 2003) & Ny'Asia (Aug 2005)

Jaquevius is a loveable, warm spirited child. Ny'Asia is an endearing child who enjoys being hugged and treated like a princess. Jaquevius enjoys watching cartoons, playing with cars, trucks and things he can "tinker" with. He absolutely loves going to movies. Ny'Asia's favorite things to do are coloring and playing with dolls. Jaquevius and Ny'Asia need a loving, nurturing family who is highly structured and experienced in working with children.

To find out more about Jaquevius and Ny'Asia, Please contact Grace Lindgren, LMSW, at the Adoption Coalition of Texas, (512) 810-0813 or gracelindgren@adopttexas.org.

To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email info@ adopttexas.org and visit our website at www.adoptioncoalitiontx.org.

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.



#### adoptioncoalitiontx.org



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#### **HEALTH BRIEFS - NOVEMBER 2011**

### POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM.

When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

#### **SYMPTOMS POINT TO DIABETES**

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

#### RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
- Sedentary lifestyle
- Unhealthy eating habits
- Family history and genetics
- Increased age
- High blood pressure and high cholesterol A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

#### SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- · Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain





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#### THE TALK

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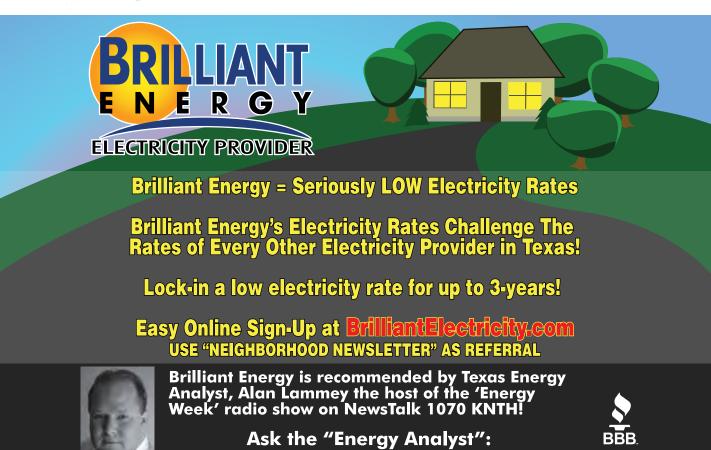
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